

May
2021



SAINT PETER'S HEALTHCARE SYSTEM

Safely treating you better...for life.

Saint Peter's Provides Pediatric Cancer Treatment in a Family-Centered Environment

The Pediatric Hematology and Oncology Program at The Children's Hospital at Saint Peter's University Hospital provides diagnosis and treatment for infants, children and adolescents with cancer. Nibal Zaghoul, MD, chief of the Pediatric Hematology and Oncology Program, and his team deliver high-quality care in a safe and family-centered environment.

"Our patients and their family know every one of the physicians here. They're not going to talk to someone who's never seen them. Parents are at ease when they talk on the phone or come here because they're meeting with the same team," said Dr. Zaghoul. "Because of our size, we have a very intimate relationship with the families. We are able to deliver quality service that is close to home because of our resources and the dedicated members here."

Saint Peter's pediatric hematology and oncology team is made up of individuals passionate about the pursuit of pediatric cancer care, including a nurse practitioner certified in pediatric hematology and oncology; three pediatric nurses certified in hematology and oncology and chemotherapy administration with over 20 years of experience; a child life specialist; and a social worker. The interdisciplinary team treats the child emotionally and physically while also helping parents navigate the treatment journey from a medical and emotional perspective.



*The Pediatric Hematology and Oncology team at
The Children's Hospital at Saint Peter's University Hospital.*

The program's three physicians are all board-certified and were trained at prestigious, nationally recognized programs including New York-Presbyterian Morgan Stanley Children's Hospital, Children's Hospital of Philadelphia (CHOP) and Memorial Sloan Kettering. They are members of the American Society of Pediatric Hematology/Oncology (ASPHO) and American Society of Hematology (ASH).

"I am always impressed by how resilient children are. I see patients at the end of therapy and they're happy again. I'm so grateful to play a part in treating these children, restoring their health, and getting them back to their normal lives," said Dr. Zaghoul.

The Children's Hospital at Saint Peter's is the only children's hospital in central New Jersey selected to partner with the world-renown ProCure Proton Therapy Center. The Center offers highly precise proton radiation, a new form of radiation therapy only available in a few states. Traditional radiation rays target tumors but can injure nearby healthy cells. Proton radiation delivers targeted therapy to the tumor site with significantly reduced radiation exposure to surrounding normal tissues. For growing children, proton radiation therapy decreases the chance of damage in developing organs. It also decreases the detrimental short- and long-term radiation toxicities like neurodevelopmental delay, growth retardation, and the development of secondary tumors that can potentially happen with conventional radiation.

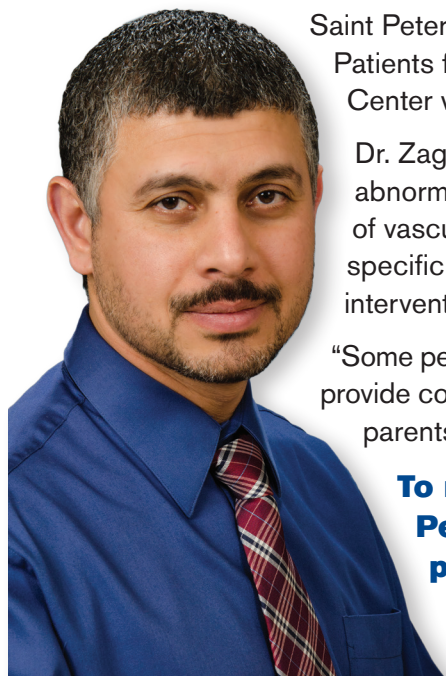
Saint Peter's collaboration with ProCure has led to international awareness for its pediatric hematology and oncology program. Patients from around the globe, in addition to those from neighboring states and institutions, have sought treatment from the Center with Saint Peter's physicians overseeing each patient's plan of care.

Dr. Zaghoul also oversees the Pediatric Multidisciplinary Vascular Clinic at Saint Peter's, which treats children with vascular abnormalities that include hemangiomas (formerly called strawberry hemangiomas), other vascular tumors, and various types of vascular malformations. The multispecialty team, under the direction of Dr. Zaghoul, develops a personalized treatment plan specific to each patient's diagnosis and needs. The team includes a pediatric hematology and oncology nurse practitioner, an interventional radiologist, a plastic surgeon, and an orthopedist.

"Some pediatric patients who have vascular malformations may have a syndrome that predisposes them to cancer. We're able to provide comprehensive care at Saint Peter's with our Medical Genetics and Genomic Medicine Department, which can help parents determine if there is an underlying genetic cause to the vascular malformation," said Dr. Zaghoul.

To make an appointment with the Pediatric Hematology and Oncology Program or the Pediatric Multidisciplinary Vascular Clinic at The Children's Hospital at Saint Peter's, please call 732.745.6674. For more information, visit saintpetershcs.com/Pediatric-Oncology.

Nibal Zaghoul, MD, chief of the Pediatric Hematology and Oncology Program, The Children's Hospital at Saint Peter's University Hospital.



Effective May 1, 2021

**Saint Peter's University Hospital is now a TIER 1 facility in the
Horizon Blue Cross Blue Shield of New Jersey OMNIA Health Plans.**

Fostering Good Sleeping Habits Despite the Pandemic

The COVID-19 pandemic has affected everyone's sleeping patterns, but children have been especially impacted by the disruption to their routines. "I'm seeing a lot more sleep disorders, especially insomnia, due to the pandemic. Children have trouble falling and staying asleep, or they're going to bed later because their classes are virtual," said Samuel J. Knee, MD, a pediatrician specializing in sleep medicine who serves as the medical director of the Center for Sleep and Breathing Disorders at The Children's Hospital at Saint Peter's University Hospital. "I'm also seeing more anxiety and depression in children, which is closely related to sleep problems."

In addition to affecting mental health, poor sleep is also a risk factor for cardiovascular disease in the future. Cardiovascular disease is the number one cause of death in America across most racial and ethnic groups, claiming one life every 36 seconds, according to the Centers for Disease Control and Prevention (CDC). Sleep disruptions can also raise the risk of some cancers. Although poor sleep may not seem like a major concern for children, it can negatively impact their health as adults. By identifying and addressing sleeping disorders as soon as possible, parents can help their children grow into healthy adults.



Sleep Hygiene Tips:

Limit your child's screen use at night. The blue light that is emitted from cellphones and TVs can impact sleep. Dr. Knee recommends turning screens off at least 30 minutes before bed.

Have your child do something relaxing before bed. Dr. Knee says reading a book to your child, singing a song with them, or giving them a bath can help get them relaxed before bed.

Make sure the bed is only for sleeping. Parents should try to keep any toys or distractions out of the bed. Teenagers should refrain from doing any homework or studying in bed. This will help children associate the bed only with sleep.

Keep a consistent sleep schedule on weekdays and weekends. It's tempting to sleep in on a Saturday morning, but this alteration can affect sleep during the rest of the week. By keeping a consistent sleep schedule on the weekends, your child will feel less tired during the weekday.

If your child can't fall asleep, ask them to do something they may find boring. Reading a textbook or folding laundry may help children become tired enough to fall asleep.

"Sleep is very important for overall health. During sleep we grow, our cells rejuvenate, and our memory consolidates," said Dr. Knee.

The board-certified physicians at Saint Peter's Center for Sleep and Breathing Disorders can evaluate, prescribe testing, diagnose and treat sleep disorders in both children and adults. The Center is accredited by the American Academy of Sleep Medicine (AASM) and offers exceptional expertise to ensure patients of all ages receive the most comprehensive treatment.

To learn more about the Center for Sleep and Breathing Disorders, visit saintpetershcs.com/sleep.

To schedule an appointment with Dr. Knee at The Children's Hospital at Saint Peter's University Hospital, call 732.339.7910.

Community Calendar

For more information or to register for a program, call the contact number listed or visit saintpetershcs.com/Events. Most programs are **FREE** unless noted; please call for information.

Cancer Support

Bone Marrow Transplant
For patients who have had an allogeneic transplant
Call for information: 732.235.8522

Breast Cancer
Call for information: 732.235.7011

Gynecologic Cancer
In partnership with the Cancer Support Community Central New Jersey
Call for information: 732.235.6792

Living with Cancer
Call for information: 732.235.7557

Diabetes Education*

For more information about the following classes, please call the phone numbers listed below.

Diabetes Self-Management Education
Call for information: 732.339.7630

Gestational Diabetes Self-Management Education
Call for information: 732.339.7630

Prevent T2 Program
Call for information and registration: 732-339-7772

Type 1 Diabetes Support Group for Children and Their Families
Call for information: 732.745.8574

Support Groups

Bereavement
Call Pastoral Care for information: 732.745.8565

Craniofacial Teen Girls
Call for information: 732.745.8600, x8113

Spouse/Partner Caregiver
Call for information: 732.745.8600, x8662

SHARE
3rd Thursday of each month
Next meeting:
May 20 • 7 to 9 pm
Call 732.745.8522 or email imariano@saintpetersuh.com for Zoom link

Weight Loss Seminars
3rd Tuesday of each month
Next meetings:
May 18
English • 12 to 1 pm
Spanish • 1 to 2 pm
For information call 732.745.8571

MyGoal Autism Family
2nd Sunday of each month
Next meeting:
May 9 • 3 pm
Call 877.886.9462 or email info@mygoalautism.org for virtual meeting details

Substance Abuse and Addiction Loss Support Group
2nd Thursday of each month
Next meeting:
May 13 • 7 to 8:30 pm
Call 732.745.8522 or email jdanyus@saintpetersuh.com for virtual meeting details

Parent Education

Parenting classes are currently being held online. Register at saintpetershcs.com/Services/Parent-Education. Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579

Baby Care

Birth Center Class
(for moms under midwifery care)

Breastfeeding Class

Breastfeeding Support Group

Grandparents Class

Hypnobirthing

Marvelous Multiples

New Daddy Class

New Mom Support Group

Prenatal Yoga & Exercise Class

Prepared Childbirth/Lamaze Classes

Sibling Class

VIRTUAL LECTURE SERIES ON ADOLESCENT & FAMILY HEALTH ISSUES

Trauma, Adverse Childhood Experiences and Self-care Strategies

Presented by Laurie Herrick, BS, and Heather Ward, MSW, LSW, CPS, Wellspring Center for Prevention

May 5 at 6:30 pm

The HPV Vaccine's Role in Cancer Prevention for Your Adolescent

Presented by Daniela Correa, MD, pediatrician, The Children's Hospital at Saint Peter's University Hospital, and Paulina Rojas, MD, pediatrician, Saint Peter's University Hospital's Family Health Center

June 2 at 6:30 pm

Visit saintpetershcs.com/events to register.

Mask up



SAINT PETER'S HEALTHCARE SYSTEM

SAVE THE DATE

COMMUNITY GOLF OUTING | 6.28.2021

BENEFITING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL
Foragate Country Club in Monroe Township, NJ • For more information, contact Saint Peter's Foundation at 732.745.8542 or spfoundation@saintpetersuh.com.

Need a doctor? To find a Saint Peter's physician, call 1.855.SP.MY.DOC (1.855.776.9362).

Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at BookMySPDoc.com

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.

SAINT PETER'S HEALTHCARE SYSTEM

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